

# Test of Competence 2021: Reading List

Mental Health Nursing

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## Core Mental Health Nursing Reading List

The following titles are essential reading for anyone entering the NMC Test of Competence:

- Dougherty, L., Hofland, J. and Grafton, H. (2020). *The Royal Marsden Manual of Clinical Nursing Procedures (Online Edition)*. 10<sup>th</sup> edition. Hoboken, NJ: Wiley Blackwell.
- Nursing and Midwifery Council. (2020). *Standards of proficiency for registered nurses*. <https://www.nmc.org.uk/standards/standards-for-nurses/standards-of-proficiency-for-registered-nurses/>
- Nursing and Midwifery Council. (2018). *The Code: Professional standards of practice and behaviour for nurses, midwives and nursing associates*. <https://www.nmc.org.uk/standards/code/>
- Nursing and Midwifery Council. (2020). *Test Specification for the Test of Competence*. <https://www.nmc.org.uk/globalassets/sitedocuments/registration/toc-21/toc-21-test-specification---nursing.pdf>
- Nursing and Midwifery Council. (2020). *The Test of Competence 2021: Mental health nursing blueprint*. <https://www.nmc.org.uk/globalassets/sitedocuments/registration/toc-21/toc-21-blueprint---mental-health-nursing.pdf>
- Resuscitation Council UK. (2020). *UK Statements and resources on COVID-19 (Coronavirus), CPR and Resuscitation*. <https://www.resus.org.uk/covid-19-resources>
- Resuscitation Council UK. (2021). *2021 Resuscitation Guidelines*. [2021 Resuscitation Guidelines | Resuscitation Council UK](https://www.resus.org.uk/2021-resuscitation-guidelines)

**The following websites are essential reading for anyone entering the NMC Test of Competence:**

- [www.dh.gov.uk](http://www.dh.gov.uk)
- <https://www.england.nhs.uk/>
- <https://www.nes.scot.nhs.uk/education-and-training/by-discipline/nursing-and-midwifery/careers-and-recruitment/overseas-nurses.aspx>
- <https://gov.wales/overseas-trained-nurses-join-temporary-register>
- <https://www.nhsemployers.org/your-workforce/recruit/employer-led-recruitment/international-recruitment/uk-code-of-practice-for-international-recruitment/recruitment-agency-list/northern-ireland>
- <https://www.gov.uk/government/organisations/public-health-england>
- <https://www.nmc.org.uk/>
- <https://www.nice.org.uk/>
- <https://www.rcn.org.uk/covid-19>
- <https://www.rcn.org.uk/membership/international-nurse-members>
- [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- [www.mind.org.uk](http://www.mind.org.uk)
- [www.nimh.nih.gov](http://www.nimh.nih.gov)
- [www.rethink.org/](http://www.rethink.org/)
- [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

## **Essential Reading for Mental Health Nursing OSCEs**

The following resources are the evidential base used for the assessment of the Test of Competence skills stations and should be referred to when preparing for your OSCE.

### **Professional Values**

Free to access:

- Nursing and Midwifery Council. (2018). *The Code: Professional standards of practice and behaviour for nurses, midwives and nursing associates*.  
<https://www.nmc.org.uk/standards/code/>
- Royal College of Nursing. (2010). *Principles of nursing practice*.  
<https://www.rcn.org.uk/professional-development/principles-of-nursing-practice>

Available for purchase:

- Peate, I., Wilde, K. (2018). *Nursing Practice: Knowledge and Care*. 2<sup>nd</sup> edition. Oxford: Wiley-Blackwell. Unit 1 Part 2 – The Professional Nurse and Contemporary Healthcare.
- Baillie, L., Black, S. (2014). *Professional Values in Nursing*. 1<sup>st</sup> edition. Abingdon: Routledge Publishing.

### **Mental Health Nursing Skills**

#### **Administration of Suppository**

Free to access:

- International Longevity Centre-UK (2013). *The Burden of Constipation in our Aging Population*. Retrieved November 2021.  
<https://ilcuk.org.uk/wp-content/uploads/2018/11/Burden-of-constipation-report.pdf>

#### **De-Escalation**

Online journal access required:

- Lowry, M. et al. (2016). Deescalating anger: A new model for practice. *Nursing Times* (online); 112(4), 4-7.

Available for purchase:

- Varcarolis, E. (2017). *Essentials of Psychiatric Mental Health Nursing: A Communication Approach to Evidence-Based Care*. 3<sup>rd</sup> edition. Oxford: Elsevier.

## Nutritional Assessment

Free to access:

- MIND (n.d.). *Food and Mood*. Retrieved November 2021.  
<https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

## Physiological observations

Free to access:

- Royal College of Physicians. (n.d.). E-learning tools. Retrieved January 2021.  
<https://www.rcplondon.ac.uk/projects/outputs/national-early-warning-score-news-2>

## Talking Therapies

Free to access:

- Patient. (n.d.). *Health Questionnaire (PHQ-9) Depression assessment*. Retrieved January 2021.  
<https://patient.info/doctor/patient-health-questionnaire-phq-9>

Available for purchase:

- Muir-Cochrane, E. et al. (2018). *Mosby's Pocketbook of Mental Health*. 3<sup>rd</sup> edition. Oxford: Elsevier.

## Supplementary Mental Health Nursing Reading List

The following texts and websites contain useful background reading for those entering the NMC Test of Competence:

Free to access:

- Royal College of Nursing. (2021). *Library subject guides*.  
<https://www.rcn.org.uk/library/subject-guides>
- Royal College of Nursing. (2017). *Essential practice for infection prevention and control. Guidance for nursing staff*. London: RCN.  
<https://www.rcn.org.uk/professional-development/publications/pub-005940>
- Public Health England. (2020). *Donning and Doffing Personal protective equipment*. Retrieved January 2021.  
<https://www.gov.uk/government/publications/covid-19-personal-protective-equipment-use-for-aerosol-generating-procedures>
- National Institute for Health and Care Excellence. (2014). *Infection control and prevention guidance*. Retrieved January 2021.  
<https://www.nice.org.uk/guidance/qs61>

Recommended reading which may be purchased:

- Callaghan, P., Playle, J. and Cooper, L. (2009). *Mental Health Nursing Skills*. Oxford: Oxford University Press.
- Chambers, M. (2017). *Psychiatric and Mental Health Nursing: The Craft of Caring*. 3<sup>rd</sup> edition. Abingdon: Routledge.
- Healy, D. (2016). *Psychiatric Drugs Explained*. 6<sup>th</sup> edition. Oxford: Elsevier.
- MacLachlan, M. (2006). *Culture and Health: A Critical Perspective Towards Global Health*. 2<sup>nd</sup> edition. Chichester: Wiley Blackwell.
- Norman, I. and Ryrie, I. (2018). *The Art and Science of Mental Health Nursing: Principles and Practice*. 4<sup>th</sup> edition. London: Open University Press.
- Peate, I. and Chelvanayagam, S. (2006). *Caring for Adults with Mental Health Problems*. Chichester: Wiley Blackwell.
- Wright, K. and McKeown, M. (2018). *Essentials of Mental Health Nursing*. London: Sage.
- Wrycraft, N. (2009). *An Introduction to Mental Health Nursing*. Maidenhead: Open University Press.